

September 2017

# The Palo Duro Buzz

Make every day a good day

Palo Duro Senior Center • 5221 Palo Duro NE Albuquerque, NM 87110 • 505.888.8102

Mon, Tues, Thurs & Fri: 8:00am– 5:00pm • Wed: 8:00am– 7:00pm • Sat: 9:00am– 1:00pm

## A DAY AT THE COUNTY FAIR LUNCHEON

We may not have the mechanical bull at this County Fair– themed luncheon, but we're sure to have the carnival games!

THURSDAY, SEPTEMBER 14TH

11:30am-12:30pm

\$4 Tickets



Live Entertainment  
by Lone Piñon

12:30pm-2:30pm

Stick around for our  
live band and  
our lively dance floor!

### MENU:

Chicken Parmesan  
Red Potatoes  
Dinner Roll  
Green Beans  
Side Salad  
Key Lime Pie



## Center Closures

Monday, September 4th

For Labor Day



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City of Albuquerque

Department of  
Senior Affairs



Richard J. Berry  
Mayor

Jorja  
Armijo-Brasher  
Director

Rhonda Methvin  
Recreation Division  
Manager



Palo Duro Senior Center



Natasha Montoya  
Center Manager

Larissa Martin  
Program Coordinator

Vacant  
Office Assistant

Dave Ellis  
Program Assistant

Vacant  
Program Assistant

Manuel Ibuado  
General Services

Ted Casey  
Cook

Wanda Valdez  
Assistant Cook

## Popcorn Days

Grab your bag at the front desk- we're popping  
Tuesday through Thursday beginning at 10:30am!

**\$0.25 Bag**



## OPEN COMPUTER LAB

Monday, Tuesday & Friday 1:00pm-3:00pm

Thursdays 9:30am-11:30am

**Bring your membership card!**

## Adapted Aquatics

Taught at UNM's Therapeutic Pool, members will participate in a series of range of motion exercises that will increase joint mobility and develop muscle strength. Reservations are a must!

**\*Call Palo Duro Fitness Center to register: 505.880.2800**

**M, W, F: 8:30am - 10:45am**

**M & F: 12:30pm - 2:45pm**

**\$0.50 Transportation Fee**



## Bingo

**Tuesdays 1:15pm-4:00pm**

5- Stellar, 12- Lovelace,  
19- Walgreens, 26- Elmcroft

## Friendship Coffee

**Wednesdays 9:15am -10:15am**

Gather with friends old and new for a cup of joe and treats courtesy of our generous sponsors.

6- Sunshine Dental, 13-Presbyterian,  
20- Legal Shield, 27- Blue Cross Blue  
Shield



# What's The Buzz?

Join us for these exciting free events that will be taking place this month...

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## Birthday Party

Join us for some birthday cake as we celebrate the September birthdays at Palo Duro.

**Friday, September 1st**

**11:30am- 12:30pm**

**Sponsored by AGA- Medicare Options**

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**'I scream, you scream we all scream for ICE CREAM!'**

**Thursday, September 21st**

**11:30am-12:30pm**

**This month's sponsors:**

Davis Riordan- Insurance Broker

Richard Greene & John Pearson- New Mexico Mortgage



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## Movies at Palo Duro

Join us at 1:30pm for these movies! Refreshments provided at intermission. Movies shown every 1st & 3rd Thursday.



### **September 7th- Gifted (PG-13) 1:41**

Frank Adler is a single man raising a child prodigy- his spirited, young niece Mary- in a coastal town in Florida. Frank's plans for a normal school life for Mary are foiled when the seven-year-old's mathematical abilities come to the attention of Frank's formidable mother, Evelyn, whose plans for her granddaughter threaten to separate Frank and Mary.

**Sponsored by:** Jo Tillotson, Blue Cross and Blue Shield CDIS

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### **September 21st- A United Kingdom (PG) 1:50**

This is the true story of the forbidden romance between King Seretse Khama of Botswana and Ruth Williams, a white woman from London, which caused an international uproar when they decided to marry in the late 1940s, just as apartheid was being introduced into South Africa. It was a decision that altered the course of African history.

**Sponsored by:** Chrissy Pease, ShoundChoice Hearing





# Palo Duro Trips.

**\*Reservations must be made in person with a valid membership card.**

## Pasta Paradiso - Los Alamos Thursday, September 7th



Depart: 8:30 am • Return: 4:00 pm • Transportation: \$10.50



## Senior Day at NM State Fair - NM Fair Grounds Monday, September 11th

Depart: 8:45 am • Return: 4:00 pm • Transportation: \$2.00

## Red Horse Vineyard - South Valley Wednesday, September 20th

Depart: 9:15 am • Return: 3:00 pm  
Transportation: \$2.00 • Admission & Lunch Fee: \$15.00



## Ride and Roam - Mr. Ron's Choice Thursday, September 21st

Depart: 8:15 am • Return: 4:00 pm • Transportation: \$6.50

**The following trips and more will be available for reservation on Wednesday, September 6th after 9:00 am:**

**Tinkertown Museum: Wednesday, October 4th**

**A Fare to Remember; Las Vegas, NM: Thursday, October 5th**

**Ride & Roam: Thursday, October 12th**

**Liquid Light Glass: Tuesday, October 17th**

**Los Alamos History Museum: Thursday, November 16th**

**Model Train Show: Saturday, November 18th**

**Christmas in Madrid: Saturday, December 2nd**



# On-going Daily Schedule

Monday		Monday	
8:15–9:15	Aerobics 50¢*	1:00–3:00	Square Dancing
8:30–11:00	Lapidary	3:00–4:15	Tai Chi Chih, Begin; (9/20-10/25) \$60*
9:00–10:00	Yoga, Belts and Blocks \$3	3:15–4:15	Nia Technique \$5 per class*
9:00–11:00	Chorales	4:30–5:30	Tai Chi Chih, Cont; (8/30-10/4) \$60*
9:15–11:15	Blood Pressure Check	5:15–6:15	Yoga, Belts and Blocks \$3*
9:30–10:30	Gentle Exercise 50¢*	Thursday	
11:00–1:00	Lujan Grisham Mobile Office: 12/19	8:00–9:00	Flex & Tone 50¢*
11:00–3:00	Ceramics	8:00–1:00	Ceramics
11:15–2:30	Philatelic Society	8:15–4:30	Rockhounds Trip (2 <sup>nd</sup> & 4 <sup>th</sup> ) \$ varies
11:30–1:00	Jug Band Practice	8:30–12:00	Deaf Seniors
11:45–1:00	T.O.P.S.	8:30–11:30	Lapidary
12:15–4:00	Duplicate Bridge	9:00–11:30	German, Intermediate
1:00–2:30	EFT / Tapping (2 <sup>nd</sup> & 4 <sup>th</sup> ) \$5 per session	9:30–11:30	Open Computer Lab
1:00–3:00	French, Advanced \$5 materials fee*	12:00–1:00	Rockhounds Meeting (1 <sup>st</sup> & 3 <sup>rd</sup> )
1:00–3:00	Open Computer Lab	12:00–3:30	Mah Jongg (2 <sup>nd</sup> & 4 <sup>th</sup> )
1:30–3:15	Line Dancing, Advanced	12:30–4:00	Senior Men's Bridge (1 <sup>st</sup> only)
2:45–4:30	Retired Physicians	1:00–4:30	Metalcasting \$2* per casting
3:00–4:00	French Language Book Club	1:00–3:00	Discussion Group, Open Topic
3:15–4:30	Line Dancing, Beginning	1:30–3:30	Movies (1 <sup>st</sup> & 3 <sup>rd</sup> )
Tuesday		2:30–4:30	Basic Watercolor \$96 & Supplies* (9/7-10/17)
8:00–9:00	Flex & Tone 50¢*	3:00–4:45	Bible Study/Trivia
8:00–12:30	Quilting (and more!)	Friday	
8:15–4:00	Hiking (every other) \$ varies	8:15–9:15	Aerobics 50¢*
8:30–11:30	Tuesday's Angels	8:30–12:30	Defensive Driving (1 <sup>st</sup> only) \$20, \$15 AARP*
8:30–11:30	Lapidary	9:00–11:30	Pottery; firing fee
10:00–12:30	Sewing & Alterations	9:30–10:30	Gentle Exercise 50¢*
12:00–2:00	Leathercraft \$1/month; \$5 new student fee	9:30–10:30	Tai Chi, drop-in (no 1 <sup>st</sup> ) \$5*
1:00–3:00	ABQ Travel Partners (2 <sup>nd</sup> & 4 <sup>th</sup> )	9:30–11:30	Stained Glass (Class returns Sept. 8th)
1:00–3:00	Open Computer Lab	12:00–2:00	Get It Done
1:00–3:00	Visiting Artists	12:15–4:00	Duplicate Bridge
1:15–4:00	Bingo \$3* minimum to play	1:00–3:00	Spanish, Beginning
1:30–2:30	Mystery Book Club (2 <sup>nd</sup> only)	1:00–3:30	Cribbage
2:00–3:00	Grief Support Group (limited spots)	1:00–3:00	Open Computer Lab
2:15–4:30	Rio Grande Players	2:15–4:30	Swedish Weaving \$10 materials fee*
3:00–4:00	Beginning Spanish Conversation* (9/5-10/10)	3:00–4:00	Intermediate Spanish Conversation* (9/8-10/13)
Wednesday		Saturday	
8:00–11:30	Pottery Lab; firing fee	9:00–3:00	Hiking \$ varies
8:15–9:15	Aerobics 50¢*	9:00–10:30	Food Addicts in Recovery Anonymous
9:00–10:00	Gentle Yoga (Class will return in November)	9:00–10:30	Line Dancing, Beginning
9:15–10:15	Friendship Coffee	9:00–1:00	Quilting
9:30–10:30	Gentle Exercise 50¢*	9:30–11:30	Table Tennis (till 10:30 on 1 <sup>st</sup> only)
10:00–12:00	Investment Club (BCIC) (3 <sup>rd</sup> only)	10:00–11:30	ABQ Recorder Orchestra
11:30–4:00	Metalsmithing/Jewelry Lab	10:00–12:00	Accordion Group (3 <sup>rd</sup> only)
12:00–3:00	Busy Bees - Crochet & Knit	10:00–11:00	NARFE Board Meeting (1 <sup>st</sup> only)
12:00–5:00	Game Time: Scrabble, Mexican Train & ...	10:30–12:00	Line Dancing, Advanced (no 1 <sup>st</sup> )
12:30–2:45	Bridge Group	11:00–12:30	Red Hatters (1 <sup>st</sup> only)
1:00–3:00	Palo Duro Palettes	11:00–12:45	NARFE Chapter 80 Meeting (1 <sup>st</sup> only)

\* indicates suggested money donation per session

Note: Days and Times are subject to change.

# The Honeycomb Cafe



Menu items subject to change. Please arrive before 12:30.

**Daily Hot Lunch- \$3.25** \*Reservations Required

Please call before 1:00pm by previous weekday to make your reservation: 505.888.8102

Monday	Tuesday	Wednesday	Thursday	Friday
<b>August 28</b> Bratwurst w/ Sauerkraut	<b>29</b> Shredded Chicken Tacos	<b>30</b> <b>Center Closed</b>	<b>31</b> Meatloaf	<b>September 1</b> Loaded Baked Potato
<b>4</b> <b>Center Closed</b> 	<b>5</b> Red Chile Cheeseburger	<b>6</b> Chicken Tenders w/ Ranch	<b>7</b> Sweet & Sour Pork	<b>8</b> Salmon w/ Lemon Butter
<b>11</b> Chili Cheese Dog	<b>12</b> Spinach Omelet	<b>13</b> Strawberry Salad w/ Ham	<b>14</b> Turkey & Swiss Sandwich	<b>15</b> Green Chile Chicken Alfredo
<b>18</b> Pork Chop w/ Applesauce	<b>19</b> Philly Cheesesteak	<b>20</b> Chopped Salad w/ Turkey	<b>21</b> Chicken Parmesan	<b>22</b> Red Chile Cheese Enchiladas
<b>25</b> Catfish w/ Tartar Sauce	<b>26</b> Cheesy Taco Pasta	<b>27</b> Orange Chicken	<b>28</b> Stuffed Potato	<b>29</b> BBQ Brisket

## Other options without a reservation — Monday thru Friday

### Breakfast 8:00–9:00



Regular Combination.....\$1.50.....Mini.... \$0.75  
egg, bacon or sausage, potatoes, toast or tortilla

Burrito (meatless available)..... \$1.50  
eggs, bacon or sausage, potatoes, cheese, chile

English Muffin Sandwich..... \$1.00

Oatmeal with Milk, raisins optional..... \$0.70

French Toast or Pancake or..... \$0.25

Side of Chile (Red and Green, every morning)

Waffle served on Fridays.....\$1.00

### Lunch 11:30–1:00



Salad.....Large....\$2.00.....Small.... \$1.00

Soup or Pie of the Day..... \$0.50

Sandwich of the Day..... \$1.50

half sandwich..... \$0.75

Grilled Cheese..... \$1.25

### Beverages during all meals

Milk or Juice..... \$0.25

Coffee or Tea..... \$0.30

# Palo Duro Presentations

Please make a reservation at our front desk or call 505.888.8102

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## Rasputin & Anastasia

*Presented by: Carol Venturini*

**Wednesday, September 6th • 10:00 am**



## Driver's License Renewal Issues

*Presented by: Senior Law Office*

**Thursday, September 7th • 9:00 am**

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## Financial Talk

*Presented by: Davis Associates*

**Wednesday, September 13th • 10:00 am**



## Senior Connections

*Presented by: Evan Thompson, Senior.One*

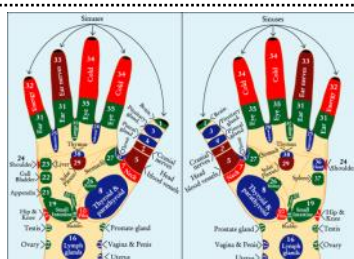
**Thursday, September 14th • 9:00 am**

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## Gliding & Soaring in NM

*Presented by: Albuquerque Soaring Club*

**Wednesday, September 20th • 10:00 am**



## Acupressure

*Presented by: Rita Leatherman*

**Thursday, September 21st • 10:00 am**

# Palo Duro Features

## Manage Your Chronic Disease (MyCD) Workshop

If you have (or care for someone with) a chronic health condition, this is the workshop for you. Learn from specially trained group leaders. Put Life Back Into Your Life.

**This session will be a general Chronic Disease Self-Management Program Workshop:**

**August 31st– October 5th**

Thursdays

1:00pm– 3:30pm

To enroll, please call 880 - 2800.



## Mystery Book Club

The books we read are available at the public library next door. Everyone is welcome, so please join us!

**2nd Tuesdays: 1:30pm– 2:30pm**

**Tuesday, September 12th:** *The Good Cop* by Brad Parks

**Tuesday, October 10th:** *The White Magic Five and Dime* by Lisa Falco



## Visiting Artist Program

**Tuesdays: 1:00pm– 3:00pm**

This series of programs is suitable for beginners as well as those with art experience. It is free and open to all Senior Center members. This very unique program provides an artist volunteer who guides participants in art activity. Let your creativity bloom!

Date	Program	Artist
5	Show & Tell "What I Did"	Participants
12	Sunflowers with Watercolor	Sharon White
19	Watercolor Collages on Canvas	Jean Robbins
26	Open Studio redefined*	



\*This year the Visiting Artist Committee decided to schedule one Tuesday a month as a Studio Time so that participants can spend one afternoon a month further exploring techniques and materials introduced by the artists.



## Vintage Photos from Palo Duro's Past

Some of our photos date back to 1974 when the Center first opened. Check out our assortment of photos and memorabilia located on our lobby bookshelves. You may even find a picture of yourself!





# Bee sure to check these out!

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## Beginning Spanish Conversation

**\*New Class**

Join us for this 6-week course as we practice our Spanish speaking skills in this class targeted for beginners. Led by an experienced instructor, your Spanish tongue is sure to be challenged!

**September 5th– October 10th**

**Tuesdays: 3:00pm– 4:00pm**

**\$35.00 includes materials and instruction**



## Intermediate Spanish Conversation

Another 6-week course for those that need a little more of a challenge!

**September 1st– October 6th**

**Fridays: 3:00pm– 4:00pm**

**\$35.00 includes materials and instruction**

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**\*New**

## Grief Support Group

This group will offer emotional support in a safe environment with others experiencing loss. Information will be given each week to help understand the grief and loss process. Led by a certified grief counselor, this group will offer a safe place to share your journey.



Jan Godinez  
Certified Counselor

**September 5th– October 10th**

**Tuesdays: 2:00pm– 3:00pm**

**Free**

**Limited spots, sign up at the front desk!**

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## Basic Watercolor

**\*New Class**

This class will be full of color! Join us as we practice techniques of watercolor and learn how to create the beautiful pieces that you see in nature. Sessions are available for you to get your paint on!

**September 7th– October 19th**

**Thursdays: 2:30pm– 4:30pm**

**\$96.00, materials not included**

**Instructor: Nancy Goetz**



# Palo Duro Announcements

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## Desert Willow Gift Shop

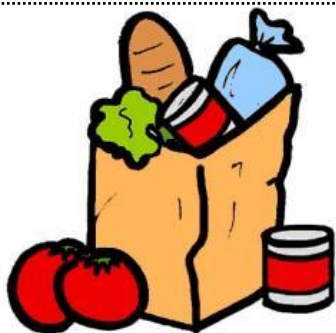
Welcome new crafters! Our consignment gift shop is available to sell your handmade items. Holiday-themed items will be accepted between Labor Day and Thanksgiving. Items may be dropped off Monday– Friday, 9:00am– 2:00pm.

We have a free lending library for any senior who enjoys reading. Our Palo Duro community donates a variety of gently-used hardbacks and paperbacks. Thank you for making this a thriving project!

**Elenor Key, Manager**



**Table Tennis will be cancelled as of  
Saturday, September 9th  
due to no participation.  
~ Thank you**



## Silver Horizons Food Pantry

**Wednesday, September 27th**

**2:30pm– 4:00pm**

Check-in starts at 1:30. You will then be given a number and asked to take a seat in a designated waiting area until numbers are called.

**\*We will not allow people to block hallways, doorways or classrooms**

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## Palo Duro Holiday Arts & Crafts Fair

Our annual Holiday arts & crafts fair offers a fine selection of handcrafted items to satisfy all of your shopping needs. Only handcrafted and artisan goods will be available to sell, so be sure and make your table reservation today- this special event will only take place November and December!

**Tuesdays in November and December**

**8:30am-12:00pm**

**\$2.00 Booth Fee**

